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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| 3 eating tips to help manage type 2 diabetesLifestyle changes can have a positive impact on type 2 diabetes.  Here are tips you can use now: 1. **Cut back** on red meat, high-fat foods, refined grains, and sugary drinks and desserts.
2. **Fill your plate** with vegetables and fruits of all colors: red peppers, oranges, yellow squash, green beans, and blueberries.
3. **Read food labels** to select foods high in fiber and low in sugar, salt, and saturated fat.

 **Personalized help**Premera has Personal Health Support clinicians who can help you get on track. For information, call 888-742-1479, 7 a.m. to 7 p.m. Monday through Friday; 9 a.m. to 1 p.m. Saturday Pacific Time.  **Online resources**Sign in at [premera.com](https://www.premera.com/sign-in) for additional health information, support, and educational resources.TIPNutritional counseling is part of every Premera health plan. |
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